

YOUR FIRST SWIM MEET

Welcome to the Woodcreek SeaWolves. Swim meets are a great family experience. They are a place where the whole family can spend time together and where the families can socialize with other families. Below is information geared to help you through your first swim meet.



Website

The website a great list of things to know/do before meets. To access it, click on the “Meet Info” tab at the top of the screen and then click “Meets – What to Expect”. At the bottom of this page, there are links to the order of events.

Parking

Parking can be challenging. Please arrive early. For home meets, overflow parking is available in the overflow lot across the street from the RAC or in the Woodcreek High School parking lot.

Check In with Coaches and Team Parents

Swimmers should check in with the coaches. Check in usually closes at 7:00AM. If you arrive after that time, your swimmer may be “scratched” from the meet and may not be allowed to compete. Swimmers should also check in with the team parent. Each swimmer is to report to and remain in the age group team tents. Team parents are responsible for getting younger swimmers to the ready bench area and assisting older swimmers in arriving to their assigned events. If at any time a swimmer becomes a discipline problem in the team tent, the parents will be asked to supervise their child. Parents should notify the team parent before taking a swimmer from the team tent.

6 & Under Freestyle Relay

Probably the most chaotic time for the 6 & Under age group is the Freestyle Relay. The relay occurs immediately after the opening ceremonies and there is no ready bench for the relay. Prior to the opening ceremonies, parents should check with the team parent for the relay team/lane assignment and position of your swimmer. Swimmers will be assigned to a relay team – for example, “Relay A”, “Relay B”, “Relay C”. Each relay team will be assigned a lane. Swimmers will also be assigned a position – 1, 2, 3 or 4. Positions 1 and 3 will start on the starter side of the pool (for home meets this is the slide side of the pool). Positions 2 and 4 will start on the non-starter side of the pool (for home meets this is the bleacher side of the pool). Please note that the relay is co-ed – both the girls and boys will swim on a relay team. ***It is the responsibility of the parent to get their swimmer to the starting block in the correct lane and on the correct side of the pool.***

7/8 and 9/10 Medley Relay and Freestyle Relay

7/8 and 9/10 Medley Relays also occur immediately after the opening ceremonies and there is no ready bench for the relay. Prior to the opening ceremonies, parents should check with the team parent for the relay team/lane assignment and position of your swimmer. Swimmers will be assigned to a relay team – for example, “Relay A”, “Relay B”, “Relay C”. Each team will be assigned a lane. Swimmers will also be assigned a position – 1, 2, 3 or 4. Positions 1 and 3 will start on the starter side of the pool (for home meets this is the slide side of the pool). Positions 2 and 4 will start on the non-starter side of the pool (for home meets this is the bleacher side of the pool). The stroke that the swimmer will swim is based on their position. Position 1 will swim backstroke. Position 2 will swim breaststroke. Position 3 will swim butterfly. Position 4 will swim freestyle. ***Parents are asked to help out and get the***

swimmers to the starting block in the correct lane and on the correct side of the pool. Parents should not change the positions of the swimmers. The positions were assigned by the Coaches for a reason.

Freestyle relays occur towards the end of the meet. Similar to the Medley Relays, swimmers will be assigned to a relay team/lane and a position. Positions 1 and 3 will start on the starter side of the pool. Positions 2 and 4 will start on the non-starter side of the pool. All swimmers will swim Freestyle. ***Like the Medley Relay, we ask that parents help the swimmers get to the starting block in the correct lane and on the correct side of the pool. The relay positions were also assigned by the Coaches for a reason. Parents should not change the positions of the swimmers.***

Ready Bench

For non-relay events, younger swimmers will be taken to the ready bench by the team parent. Only swimmers and ready bench volunteers are allowed in the ready bench area. Please do not send non-team members to the ready bench area.

Volunteering

If you have volunteered for a shift, please arrive early and check in with your volunteer chair for instructions.

Need a Little Help?

The team parents and the Parent Board are available to help families during the meet. Please feel free to ask ANYONE in SeaWolves gear for help. We have all been to our first meet .and we know it can be overwhelming. Don't be afraid to ask. There are a lot of helpful families and they will help guide you through the meet!

The coaches are REALLY busy, so please try to ask fellow parents your questions about the meet and let the coaches focus on coaching your swimmer!

Special Note to Parents

The pool area can be hot or cold or humid or windy or rainy or uncomfortable in one way or another. Dress your swimmer in layers and please don't forget to dress yourself appropriately too. Also, don't forget to apply sunscreen to your swimmer and to yourself. You and your swimmer should drink plenty of water, eat small, healthy snacks/mini meals throughout the day, reapply sunscreen, and relax between races.

Last but not least... **Have fun!**

A Basic Plan for the Meet

1. Watch for an email the week of the meet for a specific arrival time. Plan to arrive early so you can find parking.
2. Have your swimmer(s) check in with the coaches and with the team parents.
3. An area will be designated by the home team for families to set up tents. Look around for other SeaWolves families and sit with them.
4. After check-in, get ready for warm ups. Swimmers will need their cap, goggles, and a towel. Swimmers will warm up with their age group. Listen for the announcements as to what age groups are warming up.
5. After warm ups, but before the meet starts, the team will do the team cheer. Listen for the announcement.
6. If you have a 6 & under swimmer, be prepared to swim relays immediately after the opening ceremonies.
7. Team parents will have a board that lists the swimmer's heat, and lane assignments for the events that they are swimming. For younger swimmers, the team parents will write the swimmer's event, heat and lane on the swimmer's arm with a sharpie.
8. For non-relay events, team parents will take the swimmers to the ready bench. If your swimmer is not staying in the team tent, keep an eye on the score board and ear on the announcer. Younger swimmers will need to report to the ready bench a few events before your swimmer's event. Older swimmers can report directly to the starting blocks.
9. For relay events, parents should help the younger swimmers get to the starting block in the correct lane and on the correct side of the pool.
10. When your swimmer arrives at their lane, check in with the timers (they are volunteers seated in chairs at each lane) to be sure they are in the right place.
11. Remind your swimmer to do their best and have fun!
12. After the race, your swimmer can ask the timer for their time.
13. Also after their race, older swimmers can warm down in the small pool.
14. Take your swimmer back to the team tents to relax, use the restrooms, and get a drink or something light to eat. Swimmer now waits until their next event.
15. When a swimmer has completed all of their events, they and their parents get to go home. Make sure, however, you check with the team parent or coach before leaving to make sure your swimmer is not included on a relay.

After one or two meets, this will become routine. Please do not hesitate to ask any SeaWolves parent for help!

What to Take to the Meet

Competition suit, cap and goggles

Towels

Sunscreen

Sleeping bag, old blanket, lawn chair, or anything that will be comfortable to sit on

Games, coloring books, cards, books, toys, or anything else to pass the time

Snacks and drinks

Sunglasses and hats

(Check the website for a more detailed list.)